



**Swim Wales**

**2009**

**SWIM WALES MASTERS & SENIOR  
AGE GROUP OPEN SPRINT MEET**

**EVENT INFORMATION & ENTRY  
FORMS**

(Swum under the  
Laws of the Association and the Technical Rules of FINA)

09WLM-008

***Saturday 7<sup>th</sup> November 2009***

***(All session times to be confirmed)***

**South East Wales Regional Pool  
Newport International Sports Village, NP19 4RA**

# SWIM WALES MASTERS & SENIOR AGE GROUP OPEN SPRINT MEET

**7<sup>th</sup> NOVEMBER 2009**

**South East Wales Regional Pool**



## INFORMATION FOR COMPETITORS

- 1 The venue for the Meet is South East Wales Regional Pool, Newport, NP19 4RA and the date of the meet is Saturday 7<sup>th</sup> November 2009. Warm up proposed as 9.30 for 10.00 am start.
- 2 Newport pool has 8 Lanes and electronic timing will be used.
- 3 The Meet is open to all swimmers over the age of 18 years on the day of the meet. All swimmers must be registered with their National Governing Body in line with FINA Rules.
- 4 No previous experience of competition is necessary - the ability to start with a dive is not essential, starting in the water is permitted in all events. If you are unable to execute a competent racing dive do not dive from either the poolside or starting blocks at any time during the meet. No swimmer should topple into the water in the event of a false start - a proper shallow racing dive must be performed.
- 5 The purpose of the Meet is to encourage swimmers of all abilities. Points will be awarded for each race. i.e. 10 points for 1st, 8 points for 2nd and so forth. Presentations will then be awarded for the first 3 in each AGE GROUP for Welsh swimmers and non Welsh qualified as opposed to giving out medals for each race.
- 6 The **Age Groups** are as follows: (As at 31/12/09)

GROUP	A	B	C	D	E	F	G
AGE	25/29	30/34	35/39	40/44	45/49	50/54	55/59

GROUP	H	J	K	L	M	N	O
AGE	60/64	65/69	70/74	75/79	80/84	85/89	90+

Senior Age Group 18 – 24 (For age 18 as at day of first swim)

- 7 The events will be swum in submitted time order from slowest to fastest. **Please submit a time for each event you wish to enter EVEN IF ONLY AN ESTIMATE.**
- 8 There will be a 30 minute warm-up before the start of the first session and the pool will be available for warm-up during breaks in competition.
- 9 Entries for relays can be made on the day of the meet. The relays will take place whilst results are being worked out for the main set of 6 events in 25m, 50m and 100m events. No points will be scored for relays and there will be no prizes.
- 10 Entries must be received at **SWIM WALES OFFICE, WALES NATIONAL POOL, SKETTY LANE, SWANSEA, SA2 8QG** no later than **5<sup>th</sup> October 2009**. Please include an **A5 stamped addressed envelope for confirmation of entries**. Entry

information will be posted on [www.welshasa.co.uk](http://www.welshasa.co.uk) approx 1 week after the closing date for entries

**Cheques must be made payable to “Swim Wales” please.**

- 11 To enable the Meet to be a success we need people who are willing to act as Officials and Timekeepers when they are not swimming. Please indicate in the appropriate box on the entry form if you are willing to assist
- 12 It is the responsibility of the swimmer to declare to the Referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems. **HEALTH AND INSURANCE ARE THE RESPONSIBILITY OF THE ENTRANT.**
- 13 It is the responsibility of each and every competitor to present themselves at the starting end of their allotted lane in good time for the heat in which they are due to swim.
- 14 Heats will not be split to accommodate competitors who miss their heat through late arrival.
- 15 The presentations will take place following completion of the swimming. A buffet will be available from 5.00pm for those who wish to attend and the cost will be £5.00 per person. Please indicate on the entry form if you will be attending and include payment with the entry fees.

**THERE WILL BE NO EXCEPTIONS TO THESE RULES**

**YOU MUST ENCLOSE AN A5 STAMPED ADDRESSED  
ENVELOPE TO RECEIVE COMPETITORS INFORMATION  
SHEET.**



I will be attending the Presentation and require a buffet at a cost of £5.00

I will be bringing a guest to the presentation at a cost of £5.00

Total payment enclosed (Entries & Buffets) £.....

**IMPORTANT - PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING.**

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
5. I acknowledge that Swim Wales cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
6. I hereby agree to abide by and be governed by Swim Wales Laws and FINA Technical rules and all other laws and regulations applicable including the Safety Laws.
7. I understand that random computer checks will be made on the validity of Membership Numbers.

I have read and understand the above provisions and agree to abide by them.

Signature of Competitor \_\_\_\_\_ Date \_\_\_\_\_

Please return your completed form, with the **correct fee** to:

**SWIM WALES OFFICE, WALES NATIONAL POOL,  
SKETTY LANE, SWANSEA, SA2 8QG**

Cheques should be made payable to Swim Wales and crossed.

## CLOSING DATE FOR ENTRIES – 5<sup>th</sup> October 2009

### ORDER OF EVENTS FOR MEET

Proposed warm up 9.30am - proposed start 10.00am.

Breaks will be arranged during the day dependent on the numbers of swimmers.

Mens	25m	Freestyle
Womens	25m	Freestyle
Mens	50m	Backstroke
Womens	50m	Backstroke
Mens	100m	Breaststroke
Womens	100m	Breaststroke
Mens	25m	Butterfly
Womens	25m	Butterfly
Mens	50m	Freestyle
Womens	50m	Freestyle
Mens	100m	Backstroke
Womens	100m	Backstroke
Mens	100m	Individual Medley
Womens	100m	Individual Medley

Mens	25m	Breaststroke
Womens	25m	Breaststroke
Mens	50m	Butterfly
Womens	50m	Butterfly
Mens	100m	Freestyle
Womens	100m	Freestyle
Mens	25m	Backstroke
Womens	25m	Backstroke
Mens	50m	Breaststroke
Womens	50m	Breaststroke
Mens	100m	Butterfly
Womens	100m	Butterfly

Mens	100m	Freestyle Relay
Womens	100m	Freestyle Relay
Mixed	100m	Freestyle Relay
Mens	100m	Medley Relay
Womens	100m	Medley Relay
Mixed	100m	Medley Relay